

# ***“All In; Moving Forward”***

## **21 Days of Fasting and Praying**

### **21-Day Prayer Topics**

#### **Week One**

#### **Fast – Self-awareness**

Day 1 -Monday, January 5, 2026

#### **ALL IN; MOVING FORWARD – Philippians 3:14**

A new year, a new beginning. Press on toward your goals and receive your prize in Christ Jesus! Pray for unity in the Church; One Spirit, One Baptism, One Body, One Hope, One Faith, One Lord of all.

Day 2 – Tuesday, January 6, 2026

#### **THE LORD WATCHES – Psalm 11:4**

The Lord constantly examines our hearts. Pray for a pure heart.

Day 3 – Wednesday, January 7, 2026

#### **EXAMINE OUR WAYS – Lamentations 3:40**

Test yourself daily and be mindful of your ways. Pray for God to give you focus and direction as you seek Him daily.

Day 4 – Thursday, January 8, 2026

#### **EXAMINE THE SCRIPTURES – Acts 17:11**

Fast often and pray daily, examining the Scriptures as you study God’s Word. Pray as you study and examine the Scriptures.

Day 5 – Friday, January 9, 2026

#### **COMMUNION – 1 Corinthians 11:28**

Examine yourself. All are invited to eat of His bread and to drink of His cup! Pray for understanding as you become one with and commune with God.

Day 6 – Saturday, January 10, 2026

#### **THE CALL – Joel 1:14**

God calls you to fast with your brothers and sisters in Christ in unity and together you will cry out to Him and He will hear the cry of the assembly. Pray for your brothers and sisters in Christ.

Day 7 – Sunday – January 11, 2026

**FINAL EXAM – 2 Corinthians 13:5**

Examine yourself. Is Christ alive within you? Did you pass the examination? Did your heart beat steadily or did your heart skip several beats? Pray for a steady heartbeat.

**Week Two**

**Share – Selfless**

Day 8 – Monday, January 12, 2026

**NOT ABOUT ME – Psalm 119:36**

Ask God to strengthen your heart to desire His ways. Pray for strength as you pray for others.

Day 9 – Tuesday, January 13, 2026

**SELFISH AMBITION – Philippians 1:17**

It is so easy to get caught up in oneself. One should be very careful to remember that God is the source, the joy, and the strength of our lives. Pray that you remain focus on doing the work of God's Kingdom, and not fall into selfishness.

Day 10 – Wednesday, January 14, 2026

**CONSIDER OTHERS – Philippians 2:3**

Consider this: God wants you to show concern and to care about the welfare of others. You should take the position, "It's not about me, but what can I do to assist others." Pray for the spirit of concern and care to fill your heart, so that others will benefit from you.

Day 11 – Thursday, January 15, 2026

**BOAST NOT – James 3:14**

Be careful of your speech when you are referring to yourself. Make sure that you give glory to God, instead of boasting on yourself. Remember, you have, because God gave. Pray that the spirit of humility overshadow the spirit of boastfulness in your heart.

Day 12 – Friday, January 16, 2026

**GUARD YOUR HEART – James 3:16**

Your heart is more than just an organ that pumps and circulates blood throughout your body. Your heart is the door to your inner being. When you open your heart, love flows out. The love you have for God; the love you have for others; the love you have for yourself. Pray that you wear your breastplate well and that there are no cracks or holes in it so disorder and wickedness cannot enter.

Day 13 – Saturday, January 17, 2026

**IN THE INTEREST OF OTHERS – Philippians 2:4**

Are you selfish and think of yourself first, or are you selfless and think of others like Christ did when he placed so many others before himself? Pray for the ability to place others interests ahead of your own.

Day 14 – Sunday, January 18, 2026

**WHAT WILL JESUS FIND? – 2 Corinthians 12:20**

If Jesus came to you right now, what would he find? Would he find you basking in humility or boasting loudly for all to see and hear? Pray for the gift of humility.

**Week Three**

**Spring – Eternal Life**

Day 15 – Monday, January 19, 2026

**TO WONDER OR NOT TO WONDER - Matthew 19:16**

One of the most important things to wonder about is your soul. Where will you spend eternal life? Are you saved? Do you live your life in a way that is satisfactory to God? Pray that your life is acceptable in God's sight.

Day 16 – Tuesday, January 20, 2026

**DO YOU BELIEVE? – John 3:16**

John gave instructions regarding how to receive eternal life, as well as the purpose of the Bible (John 20:30-31). Pray for understanding.

Day 17 – Wednesday, January 21, 2026

**LIFE OR GOD'S WRATH – John 3:36**

Will you choose life or God's wrath? Disobedience leads to God's wrath. Pray for a life of obedience to God and peace.

Day 18 – Thursday, January 22, 2026

**NEVER BE THIRSTY AGAIN – John 4:14**

Jesus can give you refreshing water that will forever quench your thirst and satisfy your hunger. Pray for the water that Jesus gives which will spring forth from the inside of your heart and overflow to the outside of your life.

Day 19 – Friday, January 23, 2026

**THE PROMISE OF ETERNAL LIFE – John 10:28**

The gift of eternal life is a promise that Jesus gives us if we choose to follow him. Pray for the promise.

Day 20 – Saturday, January 24, 2026

**CHOOSE LIFE – John 12:25**

You have a choice to make regarding your life...choose wisely. Pray for wisdom.

Day 21 – Sunday, January 25, 2026

**WHAT IS ETERNAL LIFE? – John 17:3**

John gives the definition of eternal life. Pray for understanding of eternal life and what it would mean for the entire world to repent and to accept Christ.

**THE DANIEL'S FAST**

Daniel 1:8

“But Daniel resolved that he would not defile himself with the royal rations of food and wine, so he asked the palace master to allow him not to defile himself.”

Isaiah 10:2-3

At that time, I, Daniel had been mourning for three weeks. I had eaten no rich food, no meat or wine had entered my mouth, and I had not anointed myself at all for the full three weeks.

**Suggested Food List for the Daniel Fast**

**Foods To Eat:**

- All Whole Grains, including brown rice, whole oats, and barley.
- All Legumes, including dried beans, pinto beans, split peas, lentils, and black-eyed peas.
- All Fruits, including apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, and watermelon.
- All Vegetables, including artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, and zucchini.
- Seeds
- Nuts
- Liquids: water (as much as possible), unsweetened soymilk or almond milk, caffeine-free all-herbal tea, natural fruit juice (no sugar added), natural vegetable juice (no sugar added).
- Extra-Virgin Olive Oil (small quantities)

**Foods To Avoid:**

- Meat (including poultry and fish)
- Dairy Foods (milk, butter, cheese, yogurt, etc.)
- White Rice
- Bread
- White Flour (and products using it)
- Fried Foods
- Caffeine & Caffeinated Beverages
- Coffee & Tea (including decaf)
- Carbonated Beverages
- Foods Containing Additives or Preservatives
- Refined Sugar or Sugar Substitutes
- Margarine, Shortening, High-Fat Products

**Daniel Fast Prayer:**

Heavenly Father, I am beginning to reap in my life the fruit sown during years of neglect and abuse of my body. However, I would prefer to enjoy good health and a long life. But to achieve this goal, I recognize the need to repent from the way I have been treating the temple of the Holy Spirit and practice better stewardship in caring for the body You have given me. The Daniel Fast may be an important part of that stewardship. Lord, as I follow Your leading in my life and observe The Daniel Fast, I ask that You begin the process of healing my body and restoring my health. Make me sensitive to what You want to accomplish in my body and accept my body as a living sacrifice to You. In Jesus' name, I pray. Amen.

### **Preparing for the Daniel's Fast**

**Aim:** The Daniel Fast is for health and healing. Specifically, I am fasting to \_\_\_\_\_:

**Vow:** I believe God has given me my physical, mental, and emotional nature in which to glorify Him. Therefore, I renew my pledge to honor Him in every area of my life, and I renew my faith in the daily cleansing from sin available through Christ's blood. I believe that following God's principles will give me health and strength that my temple needs to be effective in His Kingdom. Therefore, I commit myself and will fast and pray for 21 days.

**Fast:** Type: The Daniel Fast

**Beginning:** Date and time I will start: \_\_\_\_\_

**End:** Date and time I will stop: \_\_\_\_\_

**Bible Basis:** "Is this not the fast that I have chosen ... your healing shall spring forth speedily" (Isaiah 58:6, 8).

**Bible Promise:** "The prayer of faith will save the sick, and the Lord will raise him up" (James 5:15).

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# DANIEL FASTING DIET

## What to eat

BASED ON A COMBINATION OF JEWISH FASTING PRINCIPLES AND TWO PROMINENT RECOLLECTIONS OF BIBLE VERSES DESCRIBING FASTS UNDERTAKEN BY THE PROPHET DANIEL  
VERSES DANIEL 1 & DANIEL 10

WHAT DID DANIEL EAT DURING HIS FASTS? NO ONE CAN BE COMPLETELY SURE; HOWEVER, IT IS SAFE TO ASSUME THAT EVERYTHING HE ATE WAS PLANT-BASED AND UNPROCESSED. CONSIDERING THE FACT THAT THERE ARE THOUSANDS OF PLANT-BASED FOODS AVAILABLE, IT IS POSSIBLE TO ENJOY QUITE A BIT OF VARIETY DURING YOUR TIME ON THE DANIEL FAST.



### VEGETABLES

Alfalfa sprouts	Ginger root
Artichokes	Jerusalem artichokes
Asparagus	Kale
Bean sprouts	Lettuce, all types
Beets	Mushrooms, all types
Broccoli	Okra
Brussels sprouts	Parsnips
Cabbage	Peppers, all types
Carrots	Potatoes
Cauliflower	Radishes
Celery	Summer squash
Celery root	Sweet potatoes
Corn	Tomatoes
Edamame	Turnips
Eggplant	Watercress
Garden cress	Winter squash
Garlic	Yams

*May be frozen and cooked but not canned*



### NUTS/SEEDS

Almonds	Macadamia butter
Almond butter	Macadamia nuts
Butternuts	Peanuts
Cashews	Peanut butter
Cashew butter	Pecans
Chia seeds	Pine nuts
Coconut	Pumpkin seeds
Flax seeds	Sunflower seeds
Hazelnuts	Sunflower butter
Hemp seeds	Walnuts

Raw, Dry or Roasted, no salt added



### FRUITS

Apples	Kiwis
Apricots	Lemons
Bananas	Limes
Blackberries	Mulberries
Blueberries	Nectarines
Boysenberries	Oranges
Cantaloupe	Peaches
Cherries	Pears
Cranberries	Pineapples
Dates	Plums
Figs	Prunes
Gooseberries	Raspberries
Grapes	Strawberries
Grapefruit	Tangerines
Guavas	Watermelon

*fresh, frozen, and dried; canned fruits with no added sugar or artificial sweeteners are also acceptable.*



### LEGUMES

Black beans	Great northern
Black-eyed peas	Navy beans
Cannellini beans	Lentils
Chickpeas	Pinto beans
Cranberry beans	Red beans
Fava beans	Split peas
	White beans

*Dried and cooked in water ONLY*